

HAPPY CIRCLE



THE OFFICIAL NEWSLETTER OF
Hopetown Girls' School

Contents.

THE HAPPY CIRCLE

03

**MENTAL HEALTH
MATTERS**

05

**STUDENTS
OPINIONS**

11

ZODIACS

12

**POEMS AND
VERSES**

Editorial Chief: Sanjana More
Teacher Incharge: Mr. Srinjoy Ghosh

Mental Health Matters

HAVE YOU EVER STRUGGLED TO UNDERSTAND YOUR FEELINGS?

Sometimes we experience feelings of being neither happy nor sad. We feel demotivated, restless, bored and lack physical and mental rest. For some, days appear to pass by without much arousal of interest and enthusiasm. Despite this, some of us are able to make our way clumsily through most of the day's work. It is fairly usual to feel this way after a year of isolation, stress, working or studying from home and minimal physical interaction. If these feelings resonate with you, you might be experiencing 'brain fog'.




"BRAIN FOG MAY HAVE AN ADVERSE IMPACT ON PRODUCTIVITY AND LIMITS ONE'S ABILITY TO APPRECIATE LIFE."

WHAT IS BRAIN FOG?

Brain fog is not a medical or a scientific term. It refers to the forgetfulness that can be a consequence of either lack of sleep, stress or an illness. The inability to think clearly is one of the major symptoms of brain fog. This can also be linked with depression. Brain fog may have an adverse impact on productivity and limits one's ability to appreciate life. Its impact can vary from person to person, but generally, it causes challenges such as lack of mental clarity, poor concentration, inability to focus, headaches, insomnia, anxiety and emotional detachment or an inability to connect with others emotionally.

Besides stress, sleep deprivation, medical conditions, hormonal changes and diet, physical inactivity is also one of the major causes of brain fog. The brain and the body work together. When your physical activity decreases, your brain activity decreases as well, which might cause symptoms of brain fog.

How we feel and think are linked to the health of our brain, therefore, experiencing brain fog might increase the risk of depression, anxiety, mood disorder, bipolar disorder, PTSD and other mental health conditions.



Some practical steps that one can take to overcome the effects of brain fog are:

- Engage in activities that interest and challenge you.
- Perform tasks that bring you satisfaction.
- Prevent any kind of distraction.
- Spend time with people who bring out the best in you.
- Learn to accept yourself.
- Be proud and celebrate your small successes.
- Know that it is always okay to ask for help.

Student's Opinions

HOW ARE HUMANS MAKING PANDEMICS MORE LIKELY?

KIRTANA MORE

The human infiltration of animal habitats, which is already a pressing issue, has now become more relevant than ever, considering that research has shown that it might be the core reason for pandemics. Our bodies consist of numerous microscopic organisms, including pathogens, which cause diseases when they come in contact with a species that they are not familiar with. This happens for the simple reason that the new species body is not equipped to withstand the invasion of the pathogens. Pathogens that move from animals to humans are called "Zoonosis". Diseases like the West Nile Virus and the Ebola Virus originated this way, and there is speculation that Covid-19 did too. In the last decade, the number of Zoonotic diseases has been escalating, making humans look like the victims of these pathogen invasions from animals. However, what if the increase in the number of these outbreaks is due to human actions? The excessive use of land and overexploitation of the forest cover has led the species residing in those areas to inevitably come in close contact with humans. We can clearly decipher that intruding into animal habitats is becoming as much of an issue for mankind as it is for the animal species. Now, Covid-19 has conquered the entire world and we have no idea what can be next. There are ways that can help us come through it all. Destroying the habitats of other species might just lead to another series of shattering pandemics, and as we are witnessing one, it is imperative to do everything within our means to prevent such a phenomenon.

WHY CAN'T HUMANS PROCESS THE IDEA OF CLIMATE CHANGE?

SANJANA MORE

We are on the brink of setting foot into a phase where climate change becomes real and irreversible. "There is a situation of global warming emergency in the world", "Sea levels are rising rapidly", "Fossil fuels need to be used effectively", "We don't have a lot of time, so act now." These statements are just a few among the hundreds of things we know and have heard about climate change. The appalling statistics, newspaper articles and countless documentaries regarding climate change are out there in the open for everyone to see. Why is there more talk about this now more than ever before? We all understand its effects. We understand that it is imperative to take immediate action. We know it is gravitating towards becoming a permanent problem. However, where is the concern?

Per Espen Stoknes, the author of "What We Think About When We Try Not To Think About Climate Change" states that there are five prime blockades that bar us from thinking about climate change - Distance, Doom, Dissonance, Denial and iDentity. (Yes, the last 'D' appears incompatible with the rest but it is a major factor as well). Distance and Doom are linked - this shows how we acknowledge that the main and pivotal consequence of climate change which is the destruction of all humanity, is still very far in terms of time. Dissonance refers to the difference in opinion among people regarding the effects and outcomes of climate change which eventually leads to one party completely trying to deny its existence.

What we need to change is our lifestyle, our products, our companies, and our way of energy use. We need to be aware of every minute impact that we have on this rapidly moving crisis. Long-term and large-scale change is the need of the hour and that is the sole way for us to advance "from apathy to action."

MUSIC FOR A GOOD CAUSE

NANDINI CHOUDHARY

Music is, without a doubt, one of the most influential mediums that bring about social change. Healing the world by speaking out against wrongs or even condemning unjust practices is a magnificent way of using this platform. In fact, many accomplished artists have done just this.

**"1-800-273-8255" by Logic, feat. Alessia
Cara and Khalid (2017)**

When Logic made the National SuicidePrevention Lifeline's nondescript hotline, the 800-number, the title of his song, he helped cement the lifesaving digits into popular consciousness. Raised by parents who struggled with addiction, Logic had battled anxiety for years before he decided to write a song that specifically addressed mental health. Within three weeks of the song's release that April, NSPL calls rose by 27%. The artist declared " (it was) the most important song I've ever wrote."



**"WHEN LOGIC MADE THE NATIONAL SUICIDE
PREVENTION LIFELINE'S NONDESCRIPT HOTLINE, THE
800-NUMBER THE TITLE OF HIS SONG, HE HELPED
CEMENT THE LIFESAVING DIGITS INTO THE POPULAR
CONSCIOUSNESS"**

"Just Stand Up!" by Artists Stand Up to Cancer (2008)

L.A. Reid and Babyface assembled a pop summit under the banner "Artists Stand Up to Cancer". Fifteen proficient women, including Beyonce, Rihanna, Mariah Carey, Miley Cyrus, Fergie, Mary J. Blige, Ciara and Carrie Underwood came together to sing the Babyface/Ronnie Walton track "Just Stand Up!" in an effort to raise money and awareness for the "Stand Up to Cancer" foundation. The campaign and telethon has raised over \$100 million since then for cancer research.

**THIS IS
FOR MY
GIRLS**



"This Is for My Girls" by Kelly Clarkson, Chloe x Halle, Missy Elliott, Jadagrace, Lea Michele, Janelle Monae, Kelly Rowland & Zendaya (2016)

"This Is for My Girls" by Kelly Clarkson, Chloe x Halle, Missy Elliott, Jadagrace, Lea Michele, Janelle Monae, Kelly Rowland & Zendaya (2016)

This tune was crafted to raise funds for the "Let Girls Learn" initiative and the "#62MillionGirls" campaign, which aims to bring education to women across the globe. The then First Lady, Michelle Obama commissioned legendary songwriter Diane Warren to pen this "global call to action". Pushing for Women Empowerment, this song has become a melody of pride for sisterhood.

A CHANCE TO THE STRAY DOGS

GURNAAZ KAUR

Imagine coming home after a long day to a dog wagging his tail with eyes filled with joy, and waiting on the front porch for you. It is not the same pedigree dog you bought from a shop but rather the scrawny pup you picked up from the street. We come across a lot of people calling themselves “pet lovers”, but if one really loves animals, wouldn't it be better to adopt a dog off the streets instead of purchasing one from a pet store? India is crowded with stray dogs; in every shelter will be a helpless dog. By adopting a dog from the streets, one can display an act of humanity towards the dog, save it from cruelty, harsh weather and starvation. The dog, in return, will give unconditional love and loyalty in return. Such dogs are often found dirty but once one starts grooming them, their coat will look clean, glossy and fluffy, their eyes will be bright and shiny, and their nose will start looking moist, which are signs of a healthy dog. These dogs also have a stronger immunity system than purebred dogs as they have mixed genes.

They have a lower risk of hip dysplasia, certain knee diseases and spinal diseases. Stray dogs are very social as they interact with other dogs and humans on a daily basis, so it will not be hard to adopt and pet them. Dogs do not bite unless they are provoked or they sense danger. Lastly, one will be indulging in a selfless act by saving a life and showing love to an animal who has hardly experienced happiness. Spiritual studies say that life is all about karma; what you sow is what you reap. Adopting a street dog and calling it your own will not only give one happiness but will also guarantee a friend for life. Dogs love their owners unconditionally and are unwavering in their dedication towards them. One will never feel low on a gloomy evening with a dog around!

Support Stray Animals!

<https://friendicoes.org/> (New Delhi, India)
<http://raahatforanimals.org/> (Dehradun, India)
<http://www.wsdindia.org/> (Mumbai, India)

NETFLIX: A COMFORT ZONE

HIYAA ATREYA

Be it a celebration, time with family, time with friends or even comfort, Netflix has been a go-to for a lot of people. During the lockdown, this website gained more followers and fans than ever before. Netflix can be your source of entertainment no matter what mood you are in. It is only one subscription away. We look for similar qualities in people too; a quality where they can be one call away; a quality which is very underrated-humanity. Netflix has films and TV shows that bring out that very quality. Be it a babysitter, prison inmate or even your own parents, movies and TV shows have depicted humanity in a way that broadens our perspective of who we want to be as people.

Firstly, I would like to focus on a film that was released worldwide in 2019 called "The Boy Who Harnessed the Wind". Although this movie deals with difficult themes like poverty, famine and mistrust, it still has some beautiful sides to it which restore faith in humanity in all the viewers. This movie beautifully weaves through humanity is represented by the protagonist's (William) parents and dog. The dog would walk William to school every day and his parents were supportive of his education. Although they do not have the money to support his school tuition, William finds a way to study and later saves his village. William goes through various emotional rollercoasters from fighting with his father to the death of his dog, but in the end, his family stands up for him and supports him, resulting in a warm atmosphere overtaking the movie.

"Orange is the New Black" has been in conversations, newspaper articles and debates ever since it was first aired in 2013. This series depicts the journey of one woman whose life gets completely rocked when she is put in jail for drug trafficking. Over the seasons, the series has been able to grow from focusing on just one character to giving equal importance to all the others by including their backstories and life struggles. The way in which the director has planned the whole series, issues like sexuality, gender, religion, trauma and ageing with a humane and honest perspective have been highlighted.

Lastly, "The Fundamentals of Caring" is a film that revolves around a handicapped teenage boy and his babysitter. Both these people, though years apart in age, have had their own fair share of hardships and being flung into each other's lives is the last of what they expected. Nevertheless, over time and life putting them into difficult situations, both the characters develop a fondness for each other. The stories of the characters develop gradually as one fills his emptiness by leaning on the other for comfort. These are all films and series that make you feel good and restore faith in humanity. This is the world that all of us strive for, where hardships are present but one does not have to go through them alone.

ZODIACS THIS HALLOWEEN SEASON

GURNAAZ KAUR



Aries - finding old manuscripts of living ghosts and coming up with their own theories .

Taurus- Proving that the school has supernatural powers and stating “facts” about all the creepy things that have happened at residential areas in the recent past .

Gemini- all they care about is scaring others with stories they searched up on the internet and then sleeping peacefully while the rest are internally screaming

Cancer- summoning the ghost in front of the bathroom mirror at 3:00 am .

Virgo - only care about their scary costumes and the pranks they will pull that night .

Libra- halloween is just an excuse for them to sit in a circle to come up with a creepy theory for every little thing that has ever happened .

Scorpio - finding a way to reconnect with their soul mate of their past life .

Sagittarius- watching a horror movie marathon with no intentions to sleep alone for a month straight .

Capricorn- eating everything-pumpkin because they want it to be ‘festive’

Aquarius- creepy laughing all day long and assuring others that they are the ghost themselves .

Pisces - making playlists to which the night ghosts can vibe to when they come visit them.

POEMS AND VERSES

I GOTTA FLY **Poorvi Chawla**

Don't stop if the wind is too harsh
Don't stop if the barriers stand strong
In place cut through the wind
In place smash down the barriers
Histories are not easily made
To make it to the top, you have to be sharp like a blade.

There is no specific time allotted for a bird to open its wings
Remember its born ready with them
It's their choice to fly or not
And I gotta fly
Fly with them so high
That nobody can tie,
Me with their unwoven strings
Nor to be caged with my golden wings
I gotta fly

Let society take time to change
But you don't stop dreaming for your designated stage
Society gives nothing
But comments a lot
You have two choices now
Either listen to the comments and burn your wings
Or stand aloof of all the taunts
And let everybody see the success u flaunt
Then we will see how many mouths open
When you gotta fly

SOCIAL MEDIA: SHATTERING SELF WORTH

Vanessa Alam

I was mere when mom whispered “ You’re beautiful.”
I was a minute little thing
When I felt more than just simply existing
Little did I know,
That technology was creeping my way
And watching, like a child on Christmas,
Watching the dominos of self- worth tumble.
Now I am old enough to be confident
But why do I get anxious before posting a picture
Why do I keep checking my comments,
Trying to suppress what little confidence I have left.
Morphing imperfections to suit a fleeting trend
Feels synonym to a herd to bleating goats
So, do more than simply exist
Just breathe and let that sink in.

